

# **FREE One Day Austin Retreat With Empowerment Speaker Cathy Harris Nov. 12, 2016, Saturday, 10:00-3:00 p.m.**



Cathy Harris lives in Dallas, TX and is the noted author of 23 non-fiction books. She is also an Empowerment and Motivational Speaker, Non-GMO Health and Wellness Expert, Advice Columnist at Dear-Cathy.com, Self-Publishing and

Business Coach. She is centered around informing the public as to how they can use natural methods to revolutionize their health, while avoiding Genetically Modified Organisms (GMOs) and mandatory vaccinations.



**Cathy Harris**  
*Non-GMO  
Health & Wellness  
Coach*

[www.CathyHarrisSpeaks.com](http://www.CathyHarrisSpeaks.com)

## **Topics:**

- ◆ Top Steps to Rejuvenate and Reenergize Your Body through Detoxification
- ◆ Top Steps to Clean Up Your Environment and Recover the Energy You Had 10 to 15 Years Ago
- ◆ Top Steps to Bring Down Your Numbers Naturally in 6 Months (Weight, Cholesterol, Blood Pressure, Blood Glucose, Triglycerides)
- ◆ Top Steps to Build a Strong Immune System and Live to Be 100 Years Old
- ◆ Top Steps to Treat Depression Naturally
- ◆ Top Foods that are Genetically Modified/Engineered/Altered and Their Side Effects
- ◆ Why One Company, Monsanto, Has Bought Over 90% of All Seed Companies in the U.S. and Owns 50% of all U.S. Crops
- ◆ Why 4 Corporations Owns All the Meat in the U.S.
- ◆ Why Over 80% of Beef in this Country (School Lunch Programs, Fast Foods, etc.) Contains Ammonia
- ◆ Which Natural Products You Should Use...
- ◆ How To Reach Your Maximum Level of Health While Feeling Good and Looking Great...and more...

**Donations Accepted—Limited Seating**  
**Address is Below or For Questions Contact:**

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Event is located at a private residence.